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**carolina
Godiva**
TRACK • CLUB

RUNNING SINCE 1975

RUNNING INTO STRESS

NEWSLETTER CONTENTS

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hob·by¹ (hōb'ē)

An activity or interest pursued outside one's regular occupation and engaged in primarily for pleasure

While we have several Godivans who have made a habit of bringing home prizes, I don't know of any Club members who consider "running" to be their regular occupation. For most of us, running fits the definition of "hobby" perfectly. Sure, there's the race-day bonk here and the miserable training run there, but I think it's safe to say that we run because it gives us some degree of pleasure, at least most of the time.

In addition to getting pleasure from running, it often serves as my go-to escape from the stresses and frustrations of the day/week/modern era. When things are frustrating, I can run and think about something else (or nothing at all). When my mind is wound up, I can pound the pavement and either process my thoughts or zone out, and I usually feel more relaxed. When I'm feeling lonely, I can call a friend and go for a jog. When the universe seems like it's beating up on me, I can hit the trail and be reminded of nature's beauty and my place in it. Even on the days when the run itself doesn't feel all that great, I usually feel better for having done it. Running is my hobby, and more than any other hobby I've ever had, it really has given me pleasure.

But what happens when one's source of pleasure—a way to escape from everyday stress—becomes a stressor itself? What happens when I dread the next run because the last several have been terrible? When I can't enjoy the company of fellow runners because I'm struggling? When the very thought of putting together a training schedule (let alone sticking to it) puts my stomach in knots? In other words, what happens when it's not pleasurable anymore?

"Yes! Swagger!"

I'm in a slump, you see. For once, the goals I've set aren't serving their purpose—to motivate me to put in the hard work over time. I haven't had a "good" long(ish) run in months now (not counting track nights—those are awesome but are a completely different animal). I've got lots of theories: the heat, the humidity, dehydration, lack of sleep, stress, medications, a dramatic increase in ice cream consumption, and so on. And the cause is undoubtedly a combination of those. But the odds of every one of the dozens of recent runs I've done being "bad" seem small. After all, I've put steps in place to ensure better hydration; I've gone to bed earlier; I've tried to eat better. No, I can't do anything about the heat and humidity, but I've been running in Durham for

(Continued on page 3)

**DEADLINE FOR
OCTOBER
NEWSLETTER:
SEPTEMBER 15TH**

SEND SUBMISSIONS TO:

NEWSLETTER

@

CAROLINAGODIVA.ORG



www.usatf.org



GODIVA LISTSERV

The Godiva listserv is open to members and friends of Godiva—use it to share information and stay up to date on club goings-on.

To subscribe to the list, just send an email to cgtc-join@carolinagodiva.org

To post to the list, send messages to: cgtc@carolinagodiva.org

GODIVA CLUB CONTACTS

| | | |
|----------------------------------|-----------------------------------|--|
| President | Halle Amick | president@carolinagodiva.org |
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CLUB DISCOUNTS

| | |
|---|--|
| Bull City Running Company 15% off all non-sale items www.bullcityrunning.com Southpoint Crossings, Durham | 265-3904 |
| Omega Sports 10% on all non-sale items - New Hope Commons or Renaissance Pkwy., Durham; Crossroads, Cary; North Hills, Raleigh | 493-7603 360-9060 859-2623 871-0311 |
| Inside-Out Sports 15% on all regular priced items. Preston Walk Shopping Ctr, Cary www.insideoutsports.com Online Discount code: DV2007 | 466-0101 |
| Capital RunWalk (formerly The Athlete's Foot) 15% on non-sale items. Cameron Village, Raleigh | 828-3487 |
| Raleigh Running Outfitters 15% discount Raleigh & Cary | 870-8998 362-8282 |
| Athletic Edge Sports Massage \$10 discount, 1300 SE Maynard, Suite 201, Cary | 637-0633 |
| New Balance Durham 10% discount, 6807-120 Fayetteville Rd., Durham | 484-9500 |
| Xpert Nutrition 25% on boxes of bars & cases of drinks, 20% on other items, Shoppes of Hope Valley Center | 484-1290 |
| Duke Sports Performance 15% off on VO2 max/lactate threshold testing/consultations w/ exercise physiologists, K-Lab Wallace Wade Stadium | 667-3440 |

GODIVA TEAM CAPTAINS

| | | |
|---------------------|---------------|--|
| Open and Master Men | Jim Clabuesch | jwcvh@mindspring.com |
| Open Women | Aline Lloyd | alinekj@yahoo.com |
| Master Women | Cathy Wides | cadw09@gmail.com |

GODIVA BUSINESS MEETINGS

Second Tuesday of the Month @ 7:00 PM
Satisfaction Restaurant at Bright Leaf Square, Durham

(Continued from page 1)

over 6 years now, and I've never felt this bad this consistently. And the stress? Well, that's what running is supposed to help alleviate, isn't it? On that front, I'm beginning to feel like I'm caught in an endless cycle of cause-and-effect: I'm stressed, so I'm not running well, which makes me stressed, which makes me not run well, which... well, you get the picture.

So, my slump is likely caused by a combination of things I can and cannot control. I can accept that. But the resulting loss of pleasure and a lack of motivation to do something I really enjoy(ed) are starting to feel really unacceptable. So, my dilemma: Do I need to take a break from running until it's something to which I feel drawn again? I don't like that solution—partly because I know I'll lose a lot of fitness and will have to essentially start over again when I do return to running, but also because I know it will mean spending less time with some of my friends—the ones with whom I often run but don't often socialize. Taking time off from running because of injury or illness is one thing; taking a break because of something indefinite—something on which I can't put my finger—feels like something completely different.

I'm committed to a relay in late September, so I can't stop running altogether between now and then. And, hopefully, as the temperature decreases, my motivation, performance and satisfaction will increase. The two other events on my fall calendar, a 50k in October and a trail marathon in November are still ones I'm planning to attend, though my confidence wanes with each lousy run. So, given those things, do I keep on working at it, hoping for a breakthrough, be it weather-related or something within myself? After all, I've come to define myself, at least in part, as a runner. What kind of effect would being a runner who doesn't run have on my psyche?

Being a highly skilled research professional, I turned to what must be the most esteemed source around... Sports Psychology for Dummies. Yes, there is such a tome, and hey—at least I didn't use *Wikipedia*. One theme of the book (at least, the part of the book available for free preview online) hit home with surprising effect: *confidence*.

I'd never considered that it could be a lack of self-confidence that was contributing to my slump, but as soon as I read the word, I knew it was something worthy of consideration. It's no secret that my marathon times have slowed and that I've really struggled in my last few events. My marathons have all been preceded by a pretty straightforward (if un-ambitious) training schedule: no speedwork, no run longer than 22 miles, and a maximum of 4 total runs in a week. It's not a recipe for winning or setting a PR, but

it's what's fit within my schedule and has prepared me—at least adequately, if not well—for my past nine marathons. Sure, I was much more regimented with my mileage for the first few events. The last several have involved some “creative reshuffling” of runs, and I admit to having dropped some entirely. No surprise, then, that my last few marathons have been slower and have felt like they required more effort. Fair enough—that's the price I pay for dialing back the training.

But I'd always gone into the training season with enthusiasm. I loved counting back the weeks, penciling in the distances and thinking of creative ways to run 20+ miles in Durham. I'd never dreaded a training run before; I had a formula with a few variables, and it worked... until now.

When I started trying to design a long-run plan for this 50k, things went a little sideways. There are lots of opinions out there about how and when to train. Extra-long Saturday runs followed by total rest on Sunday; long runs Saturday followed by middle-distance Sunday; middle-distance Saturday and long-distance Sunday, and countless others. The more information I gathered, the more anxious I got. Without a plan, I felt adrift. I got desperate—I posted a general question on an internet message board. In hindsight, not the best idea. I got a couple of helpful responses from people with training plans that had worked for them. Then I got the inevitable snarky response from someone nitpicking the way I'd tried to describe runs of varying lengths. Because I've never acquired the restraint necessary to ignore such comments, I got riled up and posted a defensive, sarcastic response of my own and decided to abandon that plan. I remained plan-less, and I think that the lack of structure somehow translated into a lack of confidence in my ability to train.

So, with no faith in my ability to have a “good” run, and no confidence to motivate me to keep at it, began to feel not just ambivalent about training but discouraged. I did receive some good tips from a couple of CGTC ultra runners (you know who you are—thank you!), and as I was editing this column a few days before submission, I did have a couple of “good” runs (or at least “better” ones). So, there's hope: hope for cooler, drier weather; hope for a decrease in my level of stress due to things other than running; hope that Harris Teeter will quit slashing prices on ice cream. But I'm still in need of a strategy for restoring my confidence. For that, I returned to Sports Psychology for Dummies. Chapter 5 is called “*Swagger: The Art and Science of Building Real Confidence*.” Yes! Swagger! That's what I need! According to the table of contents, the steps I need to take are described starting on page 55, at which my swagger-izing will begin. Scrolling... page 32; scrolling...page

(Continued on page 4)

(Continued from page 3)

41; scrolling... "Pages 48 to 337 are not shown in this preview." (Shakes fist at sky.) Foiled!

Still, I'm left with the hope (there's that word again) that—much as the combination of forces under and outside of my control have caused the current problem—those forces might realign and make running a pleasurable hobby once again, rather than a stress-inducing chore. Now, excuse me, I need to go find a bookshop that has no problem with me sitting down to read an entire book chapter and having the confidence to walk out (or, perhaps, swagger!) without buying anything.

P.S. I fulfilled the pledge I made in January—I attended a bunch of summer track meets and met (more than) 20 people previously unknown to me. The added bonus was that I really had a lot of fun out there! I ended up running much faster than I imagined I could (new mile PR of 7:44!) and I learned that speed work can actually be enjoyable, especially in the company of some very cool people. I only wish I'd started going early enough to qualify for "Ironman" status. Maybe next summer...

Now it's your turn. Make a pledge to meet some more of your fellow Godivans... maybe during the ongoing marathon training program? Or the upcoming fall picnic? How about the winter series events? Worried about sticking to a pledge? Send it to me at president@carolinagodiva.org and I'll check in with you; hooray for accountability!

—Halle Amick

AT THE RACES

Submit Your Results Online:

Go to www.carolinagodiva.org and click the @ *The Races* tab.

7/4/2012

Four on the Fourth 4 Miler

Evan Milledge 33:06 2nd M 5-9

7/21/2012

Triangle Expressway 5K Trot II

Amanda Weber 39:57

7/29/2012

San Francisco Marathon

Heather Yeowell 5:35:24

David Yeowell 5:40:58

8/4/2012

USA National Masters Track & Field Championships

Jay Smith 800M 2:31.72 3rd M60-64

Jay Smith 1500M 5:28.96 6th M60-64

RENEW THE ACTIVE LIFE

When we were younger, all was fresh and new.
Now when older, we try to renew.
Our skin has become stretched with wrinkles.
Creams and sun block lotions may reduce the crinkles.

Our tastes weaken and want more spice.
Fifty blueberries in a muffin are so nice.
A fast walk around a mountain lake,
May push our hearts as much as they will take.

Friends and families both young and old
Have many stories to tell and be told.
Each generation must be encouraged and carefully taught,
To be open, adventurous and critical of thought.

WHATEVER YOUR ACTIVITY: DO IT!
WHATEVER YOUR AGE: DO IT!

Push the limits and beyond to grow.
Rest and recover but get in your boat and row!
Hike your snow covered Colorado Mountain Long.
Attain the top where you belong.

Go outside and complete your race.
Move steadily and smoothly whatever your pace.
Set goals to stretch your reach.
With best effort you just might reach.

Could not, can not, did not finish?
Take a break with food and rest to replenish.
Reset your goal to finish this race in life.
Survive the day to RENEW YOUR LIFE!

WHATEVER YOUR ACTIVITY: DO IT AGAIN!
WHATEVER YOUR AGE: DO IT AGAIN!

— Richard Neff Wolfe



SUMMER SERIES RECAP

Over 350 athletes ranging in age from 2 to 78 participated in some (or in a few hardy cases, all) eleven Summer Series track meets at the Belk track on the UNC campus.

A few performances of special brilliance must be noted: Cole Henderson blazing 100 meters in 10.5 and turning in a 400 in 49.6, Bobby Torphy burning an 800 in 1:54 and a few minutes later coming back with a 16:33 5K, Jermaine Wade's 200 in 22.1, and Nicholas Kurgat motoring a 3K in 8:44 (that's a 4:41 mile pace). In addition, this year witnessed the first sub-4-minute mile in summer series history. (OK, in the 4 x 400 relay, but still. . .)

Even more inspiring was that throughout the heats of all 55 races there were moments of heroism as runners (and walkers) pushed to meet and surpass their personal goals. For some it was a target time in a particular event, for others it was persistent endurance.

Special thanks to the many helpers, especially Jim Clabuesch and Carolyn Huettel, who did the heaviest job keeping everyone hydrated and alive, split announcer emeritus Ken Larsen, and also the the flocks of timers without whom the sprint events would not be possible.

IRON MAN AWARDS

In true marathon tradition fully 26.2 participants earned the Ironman title by finishing at least 33 races. Iron awardees were:

| | |
|---|--|
| Barbara Hindenach (who finished all 55 races) | Roxanne Springer |
| Tom Kirby | Ed Davis |
| Ken Larsen | Bob Immormino |
| Jerry Surh | Conrad Kirby |
| Hernan Silva | Katherine Guilfoyle |
| Lena Hollmann | Mary Szymkowski |
| Brian Tajili | Jim Clabuesch |
| Alexandra Garcia-Granados | Katie Carpenter |
| Tom Hoerger | Abby Offenkaker |
| Ray Dooley | Mike Carpenter |
| Chris Gould | Evan Milledge (at age 7, the youngest Ironman ever!) |
| Lewis Hendricks | Katie Biasi <i>plus</i> passenger |
| DJ Perkins | |
| Ronnie Weed | |

GODIVA WEEKLY RUNS

| DAY | TIME | LOCATION | TYPE OF RUN | COORDINATOR |
|-------------------------------|---------------------------------|---|---|--|
| MONDAY | 5:30 p.m. | Research Triangle Park, Park Dr. near Credit Union | Paved paths in the RTP. 5.2 to 7+ miles, at 8-9:15 minutes per mile. | Carolyn Huettel, 401-9589 |
| TUESDAY | 6:00 p.m. | Duke East Campus, at Asbury United Methodist Church, Durham | Trail and streets around Duke University. 5.27 miles, with two pace groups at 7:30-8:30 and 9-10 minutes per mile | Jen Howard (260-0261) and David Coulter (286-7278) |
| THURSDAY (P.M.) | 6:00 p.m. | Kroger, at South Point Crossing shopping center, Durham | Paved trail and neighborhood streets. Two pace groups at 7-8 and 8:30-9:30 minutes per mile. | Jim Clabuesch and Carolyn Huettel, 401-9589 |
| SATURDAY (DUKE FOREST) | 7:00 a.m. | Duke Forest, at Gate 3, just north of the 751/Erwin Rd. roundabout intersection | Duke Forest trails and roads, the same routes used by the MTP program. Mileages of 7+ available. | Gordon Keeler, 479-4965 |
| SATURDAY (UMSTEAD) | 8:30 a.m. | Umstead State Park, at Harrison Ave. entrance | Mostly single-track trails. Very hilly. Two pace groups at 7-8 and 8:45-9:45 minutes per mile, with mileages often at marathon training distances | Carolyn Huettel, 401-9589 |
| SUNDAY | 8:00 a.m.; pre-run at 7:00 a.m. | Duke Forest, at Frank Bassett Dr., Durham | Duke Forest trails, with some road portions. Distance and speed vary from 8-20 miles at 7:30-10:30 min. per mile | Carolyn Huettel, 401-9589 |

* For full details on these runs, see the "Weekly Runs" section of the club website (www.carolinagodiva.org)

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| | | | | | | | | | | | |
|---------------------------|---|----|-------|---------------------------|---|----|------|---------------------------|---|----|------|
| Mary Szymkowski | F | 49 | 87.0 | Ashley Baker | F | 19 | 3:19 | Daniel Hendrick | M | 17 | 12.2 |
| John Sasser | M | 56 | 88.0 | Bart Bechard | M | 47 | 3:19 | Ashton Doby | F | 22 | 12.3 |
| Halle Amick | F | 34 | 90.6 | Jim Clabuesch | M | 47 | 3:19 | DJ Perkins | M | 26 | 12.3 |
| Beth Manturuk | F | 12 | 91.0 | Dan Hassler | M | 44 | 3:21 | George Linney III | M | 37 | 12.4 |
| Lena Hollmann | F | 61 | 92.0 | Bernie Prabucki | M | | 3:25 | Amy Carpenter | F | 13 | 12.5 |
| Tommy McCauley | M | 11 | 92.0 | Kevin Rumsey | M | 50 | 3:25 | Tristan Manturuk | M | 14 | 12.6 |
| Rob McCauley | M | 40 | 93.0 | Owen Astrachan | M | 56 | 3:28 | George Carpenter | M | 16 | 12.9 |
| Eddie McCauley | M | 11 | 93.0 | Mike Carpenter | M | 44 | 3:30 | Harold Hill | M | 43 | 13.0 |
| Kitty Moses | F | 56 | 98.0 | Susan Hoerger | F | 51 | 3:31 | Hernan Silva | M | 48 | 13.2 |
| Ken Larsen | M | 64 | 98.5 | Ed Billings | M | 50 | 3:35 | Tim Huntley | M | 45 | 13.3 |
| Evan Milledge | M | 7 | 100.0 | Jason Figge | M | 39 | 3:35 | Bob Immormino | M | 31 | 13.5 |
| Mike Biasi | M | 40 | 103.0 | Lia Weiner | F | 23 | 3:39 | Caroline Baldwin | F | 12 | 13.5 |
| Anna Coleman | F | 16 | 104.0 | David Williams | M | 13 | 3:39 | Kate Carpenter | F | 12 | 13.7 |
| Tom Arnel | M | 49 | 104.1 | Kwame Alston | M | 22 | 3:40 | Mia Bennett | F | 14 | 13.8 |
| Tom Milledge | M | 52 | 108.0 | Lewis Hendricks | M | 39 | 3:40 | Roger Halchin | M | 59 | 13.8 |
| Katie Biasi | F | 38 | 108.3 | Martin Leivers | M | 37 | 3:41 | Tom Soeder | M | 50 | 14.1 |
| Tom Kirby | M | 59 | 108.3 | Jianxing Liang | M | 25 | 3:42 | Terri Bennett | F | 51 | 14.3 |
| Aimee Bazin | F | 29 | 111.5 | John Blake | M | 54 | 3:48 | Katherine Guilfoyle | F | 26 | 14.3 |
| Barbara Hindenach | F | 61 | 114.0 | Harold Hill | M | 43 | 3:48 | Tyle Stelzig | M | 24 | 14.3 |
| Anna Rotenberry | F | 10 | 115.0 | Hernan Silva | M | 48 | 3:48 | Jamie Lewis | M | 46 | 14.9 |
| Coen Figge | M | 4 | 146.0 | Terri Bennett | F | 51 | 3:51 | Dan Woodlief | M | 49 | 14.9 |
| 3000m Run | | | | Ronnie Weed | M | 37 | 3:51 | Jason Figge | M | 39 | 15.0 |
| Wesley Crouse | M | 23 | 10:38 | Karl Murphy | M | 44 | 3:55 | Nyah Hasan | F | 12 | 15.0 |
| Tyle Stelzig | M | 24 | 11:23 | Anna Banka | F | 33 | 3:56 | Adam Astrachan | M | 10 | 15.1 |
| Owen Astrachan | M | 56 | 11:31 | Tom Kirby | M | 59 | 3:57 | Susan Hoerger | F | 51 | 15.1 |
| Lewis Hendricks | M | 39 | 11:48 | Rietta Couper | F | 53 | 3:58 | Ethan Astrachan | M | 12 | 15.5 |
| Danielle Baker | F | 35 | 11:53 | DJ Perkins | M | 26 | 3:58 | Isaac Geer | M | 7 | 15.5 |
| Bob Immormino | M | 31 | 12:19 | Conrad Kirby | M | 25 | 4:04 | Beth Manturuk | F | 12 | 15.7 |
| Abby Offenbaker | F | 36 | 12:35 | Chris Gould | M | 68 | 4:05 | Mike Biasi | M | 40 | 15.8 |
| Jeffrey Baker | M | 40 | 12:47 | Jamie Lewis | M | 46 | 4:06 | Lisa Hasan | F | 39 | 15.8 |
| Anna Banka | F | 33 | 12:58 | Mary Szymkowski | F | 49 | 4:09 | Halle Amick | F | 34 | 16.0 |
| Jim Clabuesch | M | 47 | 12:58 | Mike Madden | F | 57 | 4:12 | Eddie McCauley | M | 11 | 16.0 |
| Andy Capps | M | 50 | 13:25 | Ethan Astrachan | M | 12 | 4:16 | Jery Surh | M | 73 | 16.5 |
| Tom Kirby | M | 59 | 13:29 | Dan Woodlief | M | 49 | 4:16 | Louise Guardino | F | 71 | 16.9 |
| Hernan Silva | M | 48 | 13:32 | Richard Smith | M | 59 | 4:21 | Kimberly Amick | F | 32 | 17.1 |
| Lia Weiner | F | 23 | 13:38 | Lena Hollmann | F | 61 | 4:23 | Aimee Bazin | F | 29 | 17.3 |
| Katherine Guilfoyle | F | 26 | 13:53 | Mark Rotenberry | M | 53 | 4:25 | Ken Larsen | M | 64 | 17.6 |
| Chris Gould | M | 68 | 14:23 | Barbara Hindenach | F | 61 | 4:33 | Anna Rotenberry | F | 10 | 17.6 |
| Ed Davis | M | 67 | 15:06 | Kimberly Amick | F | 32 | 4:35 | Mary Szymkowski | F | 49 | 17.9 |
| Mary Szymkowski | F | 49 | 15:08 | Madi Baudauf | F | 12 | 4:35 | Lena Hollmann | F | 61 | 18.1 |
| Kitty Moses | F | 56 | 15:26 | Adam Astrachan | M | 10 | 4:37 | Neil Huntley | M | 9 | 18.1 |
| Barbara Hindenach | F | 61 | 15:35 | Ed Davis | M | 67 | 4:42 | Kim Manturuk | F | 40 | 18.7 |
| DJ Perkins | M | 26 | 15:54 | Evan Milledge | M | 7 | 4:42 | Alexandra Garcia-Granados | F | 49 | 19.2 |
| Carolyn Huettel | F | 48 | 15:58 | Jery Surh | M | 73 | 4:44 | Evan Huntley | M | 9 | 19.8 |
| Halle Amick | F | 34 | 16:19 | Tristan Manturuk | M | 14 | 4:45 | Barbara Hindenach | F | 61 | 19.9 |
| Aline Lloyd | F | 41 | 16:24 | Tom Lada | M | 66 | 4:49 | Evan Milledge | M | 7 | 19.9 |
| Evan Milledge | M | 7 | 16:36 | Ken Larsen | M | 64 | 4:50 | Peter Glosko | M | 7 | 21.0 |
| Jamie Lewis | M | 46 | 16:46 | Caris Hill | F | 14 | 4:52 | Tom Kirby | M | 59 | 21.5 |
| Arles Taylor | M | 43 | 16:49 | Katie Biasi | F | 38 | 4:53 | Katie Biasi | F | 38 | 21.7 |
| Dan Woodlief | M | 49 | 17:04 | Amy Carpenter | F | 13 | 4:53 | Becci Ritter | F | 68 | 22.3 |
| Alexandra Garcia-Granados | F | 49 | 18:58 | Halle Amick | F | 34 | 4:55 | Jake Smith | M | 6 | 22.7 |
| Aimee Bazin | F | 29 | 19:41 | Mia Bennett | F | 14 | 4:55 | Owen Ball | M | 5 | 23.0 |
| | | | | Dana Hanson | F | 42 | 4:56 | Coen Figge | M | 4 | 26.7 |
| | | | | Mike Biasi | M | 40 | 5:00 | Evelyn Ball | F | 3 | 35.0 |
| | | | | Donald Kisley | M | 60 | 5:10 | Daniel Smith | M | 4 | 35.8 |
| | | | | Jenny Hill | F | 43 | 5:15 | Anneva Figge | F | 2 | 48.2 |
| | | | | Kate Carpenter | F | 12 | 5:16 | Xavier Hasan | F | 2 | 50.0 |
| | | | | Carolyn Huettel | F | 48 | 5:17 | 300m Dash | | | |
| | | | | Kim Manturuk | F | 40 | 5:23 | Mike Carpenter | M | 44 | 39.0 |
| | | | | Becci Ritter | F | 68 | 5:23 | Nick Cruz-Hope | M | 17 | 43.8 |
| | | | | Beth Manturuk | F | 12 | 5:31 | Nic Halchin | M | 19 | 44.0 |
| | | | | Caroline Baldwin | F | 12 | 5:39 | Kwame Alston | M | 22 | 45.0 |
| | | | | Alexandra Garcia-Granados | F | 49 | 5:50 | George Linney III | M | 37 | 45.1 |
| | | | | Aimee Bazin | F | 29 | 5:51 | Brian Gilligan | M | 14 | 46.6 |
| | | | | 100yd Dash | | | | DJ Perkins | M | 26 | 46.7 |
| | | | | Kwame Alston | M | 22 | 10.8 | Daniel Hendrick | M | 17 | 47.3 |
| | | | | Mike Carpenter | M | 44 | 11.5 | Bob Immormino | M | 31 | 48.7 |
| | | | | Nic Halchin | M | 19 | 11.8 | George Carpenter | M | 16 | 49.0 |
| | | | | Conrad Kirby | M | 25 | 11.8 | Ashton Doby | F | 22 | 49.0 |
| | | | | Matthew Hirschey | M | 32 | 11.8 | Amy Carpenter | F | 13 | 49.8 |
| | | | | Nick Cruz-Hope | M | 17 | 11.9 | Vince Fuschino | M | 28 | 49.8 |
| | | | | Jianxing Liang | M | 25 | 12.0 | Roger Halchin | M | 59 | 49.8 |
| | | | | Brian Gilligan | M | 14 | 12.1 | Katherine Guilfoyle | F | 26 | 50.0 |
| | | | | Vince Fuschino | M | 28 | 12.2 | | | | |

(Continued on page 8)

(Continued from page 7)

| | | | | | | | | | | |
|---------------------------|---|----|-------------|--------------------------------|--|-------------|-----------------------------|---|-------------|------|
| Kevin Rumsey | M | 50 | 50.1 | Lewis Hendricks | | | | | | |
| Tom Soeder | M | 50 | 51.4 | Bart Bechard | | | "Hill Family" | | 5:26 | |
| Hernan Silva | M | 48 | 52.4 | Mike Rollins | | | Caris Hill | | | |
| Terri Bennett | F | 51 | 53.0 | "Team Nine" | | 4:06 | Silas Hill | | | |
| Mia Bennett | F | 14 | 53.5 | Jason Figge | | | Harold Hill | | | |
| Tristan Manturuk | M | 14 | 54.5 | Jim Clabuesch | | | Jenny Hill | | | |
| Jamie Lewis | M | 46 | 55.2 | Conrad Kirby | | | "Astrachan" | | 5:38 | |
| Tom Hoerger | M | 53 | 55.4 | Brian Tajili | | | Owen Astrachan | | | |
| John Blake | M | 54 | 56.2 | "EXC" | | 4:10 | Ethan Astrachan | | | |
| Kate Carpenter | F | 12 | 56.5 | Garrett Thompson | | | Adam Astrachan | | | |
| Jim Clabuesch | M | 47 | 57.4 | Steven Couper | | | Laura Heyneman | | | |
| Lewis Hendricks | M | 39 | 58.6 | Zach Cyr-Scully | | | Team 3 | | 5:48 | |
| Mike Madden | F | 57 | 59.0 | Kaleb Keyserling | | | Ken Larsen | | | |
| Brian Tajili | M | 30 | 59.8 | Team 9 | | 4:15 | Ed Davis | | | |
| Ed Davis | M | 67 | 62.1 | Bob Immormino | | | Jerry Surh | | | |
| Ken Larsen | M | 64 | 62.1 | Jason Brunton | | | Zeph Putnam | | | |
| Rob McCauley | M | 40 | 62.2 | DJ Perkins | | | "El Presidente" | | 5:58 | |
| Lena Hollmann | F | 61 | 64.0 | Jianxing Liang | | | Halle Amick | | | |
| Mary Szymkowski | F | 49 | 64.0 | "Stem Stride" | | 4:19 | Tom Kirby | | | |
| Chris Gould | M | 68 | 64.4 | Kevin Rumsey | | | Edward McCauley | | | |
| Mike Biasi | M | 40 | 67.0 | Nick Cruz-Hope | | | Chris Gould | | | |
| Louise Guardino | F | 71 | 67.2 | Daniel Hendrick | | | "Boomer Girls" | | 6:03 | |
| Tom Milledge | M | 52 | 68.0 | Pablo Fabran | | | Rietta Couper | | | |
| Halle Amick | F | 34 | 68.2 | "Bull City Track Club" | | 4:20 | Barbara Hindenach | | | |
| Conrad Kirby | M | 25 | 69.5 | George Linney | | | Mary Szymkowski | | | |
| Kim Manturuk | F | 40 | 71.0 | Rachel Potter | | | Lena Hollmann | | | |
| Caroline Baldwin | F | 12 | 71.5 | Harrison Potter | | | "Rainbow Team" | | 6:31 | |
| Beth Manturuk | F | 12 | 71.9 | Mark Hallen | | | Beth Manturuk | | | |
| Eddie McCauley | M | 11 | 72.0 | Team 22 | | 4:23 | Becci Ritter | | | |
| Barbara Hindenach | F | 61 | 74.9 | Terri Bennett | | | Caroline Baldwin | | | |
| Evan Milledge | M | 7 | 76.0 | Roger Halchin | | | Tristan Manturuk | | | |
| Anna Rotenberry | F | 10 | 78.0 | Michael Jones | | | "4 Women and a Baby" | | 6:40 | |
| Tom Kirby | M | 59 | 80.8 | Nic Halchin | | | Aimee Bazin | | | |
| Alexandra Garcia-Granados | F | 49 | 82.0 | "4 C's" | | 4:29 | Carmina Valle | | | |
| Aimee Bazin | F | 29 | 82.2 | Katie Carpenter | | | Katie Biasi | | | |
| Peter Gloshko | M | 7 | 88.0 | Amy Carpenter | | | Alexandra Garcia-Granados | | | |
| Owen Ball | M | 5 | 111.0 | George Carpenter | | | "Kids Team" | | 8:06 | |
| Evelyn Ball | F | 3 | 138.0 | Mike Carpenter | | | Coen Figge | | | |
| 2 mile Run | | | | "Patchwork" | | 4:42 | Anna Rotenberry | | | |
| Nick Kisley | M | 21 | 10:45 | David Williams | | | Peter Glochko | | | |
| Mark Hallen | M | 24 | 11:16 | Jon Williams | | | Evan Milledge | | | |
| Harrison Potter | M | 25 | 11:54 | Katherine Guilfoyle | | | 1 August | | | |
| Jon Williams | M | 45 | 11:58 | Vincent Fuschino | | | Mile Run | | | |
| Jim Clabuesch | M | 47 | 12:07 | "Wallace Wade Warriors" | | 4:43 | Chris Capps | M | 21 | 4:40 |
| Rachel Potter | F | 26 | 12:11 | Lindsey Hack | | | Wesley Crouse | M | 23 | 4:41 |
| Brian Tajili | M | 30 | 12:14 | Heather Ann Braurer | | | Tyle Stelzig | M | 24 | 4:55 |
| Daniel Hendrick | M | 17 | 12:20 | Lisa Couper | | | Langston Luck | M | 10 | 5:25 |
| Patrick Bruer | M | 53 | 13:03 | Diana Lam | | | Steven Chelton | M | 28 | 5:26 |
| Martin Leivers | M | 37 | 13:11 | "GALT" | | 4:48 | Bart Bechard | M | 47 | 5:27 |
| Lewis Hendricks | M | 39 | 13:26 | Georgeanna Bowen | | | George Linney III | M | 37 | 5:27 |
| Lia Weiner | F | 23 | 13:28 | Ashley Baker | | | Danielle Baker | F | 35 | 5:41 |
| Rietta Couper | F | 53 | 13:48 | Lia Weiner | | | Bob Immormino | M | 31 | 5:42 |
| Anna Banka | F | 33 | 13:55 | Tom Hoerger | | | Mike Carpenter | M | 44 | 5:45 |
| Chris Gould | M | 68 | 14:10 | "Freezie Pops" | | 4:50 | Katherine Guilfoyle | F | 26 | 5:45 |
| Tom Kirby | M | 59 | 14:52 | Mike Madden | | | Doug Hensel | M | 39 | 5:47 |
| Mike Madden | F | 57 | 16:02 | John Blake | | | Kevin Kaufman | M | 23 | 5:49 |
| Tom Soeder | M | 50 | 16:09 | Ashton Doby | | | Ed Billings | M | 50 | 5:50 |
| Carolyn Huettel | F | 48 | 16:28 | Kwame Alston | | | Conrad Kirby | M | 25 | 5:51 |
| Ed Billings | M | 50 | 16:38 | Team 20 | | 5:02 | Abby Offenbaker | F | 36 | 5:51 |
| Rob McCauley | M | 40 | 17:08 | Mark Rotenberry | | | Eric Brown | M | 36 | 5:51 |
| Barbara Hindenach | F | 61 | 17:10 | Hernan Silva | | | Katie Earnhardt | F | 29 | 5:53 |
| Evan Milledge | M | 7 | 18:31 | Isaac Geer | | | Bryan Krehnbrink | M | 46 | 5:58 |
| 4 X 400m Relay | | | | Brian Gilligan | | | Lia Weiner | F | 23 | 5:58 |
| Team 23 | | | 3:52 | | | | Lewis Hendricks | M | 39 | 6:06 |
| Matt | | | | | | | Jason Figge | M | 39 | 6:15 |
| Derek | | | | | | | | | | |
| Tyle | | | | | | | | | | |
| Jon | | | | | | | | | | |
| "Pliny the Elder" | | | 4:01 | | | | | | | |
| Wes Crouse | | | | | | | | | | |

(Continued on page 9)

(Continued from page 8)

| | | | | | | | | | | | |
|---------------------------|---|----|-------|---------------------------|---|----|-------|---------------------------|---|----|-------|
| Rietta Couper | F | 53 | 6:22 | Madi Baudauf | F | 12 | 36.3 | Lewis Hendricks | M | 39 | 3:10 |
| Jim Clabuesch | M | 47 | 6:23 | Beth Manturuk | F | 12 | 37.0 | Jamie Lewis | M | 46 | 3:10 |
| Hernan Silva | M | 48 | 6:25 | Eddie McCauley | M | 11 | 37.2 | Eddie McCauley | M | 11 | 3:17 |
| Bob Callanan | M | 47 | 6:29 | Deanna Anderson | F | 12 | 37.2 | Mark Rotenberry | M | 53 | 3:18 |
| Andy Capps | M | 50 | 6:31 | Chris Gould | M | 68 | 38.2 | Roxanne Springer | F | 48 | 3:26 |
| Karl Murphy | M | 44 | 6:32 | Megan Marvin | F | 10 | 39.1 | Ed Davis | M | 67 | 3:27 |
| Jeffrey Baker | M | 40 | 6:33 | Louise Guardino | F | 71 | 39.2 | Kevin Larsen | M | 28 | 3:28 |
| Roxanne Springer | F | 48 | 6:47 | Ken Larsen | M | 64 | 39.5 | Isaac Geer | M | 7 | 3:35 |
| Tom Hoerger | M | 53 | 6:48 | Mary Szymkowski | F | 49 | 39.8 | Tristan Manturuk | M | 14 | 3:36 |
| Susy Slingland | F | 41 | 6:49 | Evan Milledge | M | 7 | 39.9 | Kwame Alston | M | 22 | 3:37 |
| Ronnie Weed | M | 37 | 6:50 | Sydney Barker | F | 12 | 40.0 | Katie Carpenter | F | 12 | 3:37 |
| Mary Szymkowski | F | 49 | 6:52 | Ethan Mathis | M | 9 | 40.0 | Anna Banka | F | 33 | 3:43 |
| Jamie Lewis | M | 46 | 6:53 | Tessa Marvin | F | 12 | 40.0 | Chris Gould | M | 68 | 3:44 |
| Chris Gould | M | 68 | 6:57 | Caroline Baldwin | F | 12 | 40.0 | Evan Milledge | M | 7 | 3:44 |
| DJ Perkins | M | 26 | 6:58 | Jim Hotelling | M | 65 | 40.2 | Bob Callanan | M | 47 | 3:45 |
| Mark Rotenberry | M | 53 | 7:10 | Emma Kashefsky | F | 9 | 41.2 | Mike Biasi | M | 40 | 3:51 |
| Ed Davis | M | 67 | 7:11 | Neil Huntley | M | 9 | 42.2 | Carolyn Huettel | F | 48 | 3:52 |
| Jim Hotelling | M | 65 | 7:24 | Jacob McGuiver | M | 10 | 43.3 | Ken Larsen | M | 64 | 3:54 |
| Kevin Larsen | M | 28 | 7:31 | Anna Rotenberry | F | 10 | 44.6 | Tom Kirby | M | 59 | 3:56 |
| Tristan Manturuk | M | 14 | 7:32 | Tom Hoerger | M | 53 | 45.0 | Katie Biasi | F | 38 | 3:57 |
| Barbara Hindenach | F | 61 | 7:35 | Kim Manturuk | F | 40 | 45.9 | Amy Carpenter | F | 13 | 3:58 |
| Tom Kirby | M | 59 | 7:35 | Anna Coleman | F | 16 | 46.0 | Anna Coleman | F | 16 | 3:58 |
| Bob Wallace | M | 55 | 7:35 | Tom Kirby | M | 59 | 46.2 | Beth Manturuk | F | 12 | 4:00 |
| Rob McCauley | M | 40 | 7:40 | Evan Huntley | M | 9 | 46.6 | Jim Clabuesch | M | 47 | 4:04 |
| Ben Barker | M | 42 | 7:55 | Alexandra Garcia-Granados | F | 49 | 48.0 | Erin McIntee | F | 32 | 4:05 |
| Eddie McCauley | M | 11 | 8:00 | Aimee Bazin | F | 29 | 48.2 | Barbara Hindenach | F | 61 | 4:10 |
| Evan Milledge | M | 7 | 8:00 | Tom Lada | M | 66 | 49.6 | Kim Manturuk | F | 40 | 4:10 |
| Kwame Alston | M | 22 | 8:05 | Barbara Hindenach | F | 61 | 51.0 | Jim Hotelling | M | 65 | 4:13 |
| Carolyn Huettel | F | 48 | 8:05 | Katie Biasi | F | 38 | 51.8 | Caroline Baldwin | F | 12 | 4:23 |
| Anna Banka | F | 33 | 8:07 | Jacob Kashefsky | M | 7 | 53.2 | Conrad Kirby | M | 25 | 4:28 |
| Anna Coleman | F | 16 | 8:07 | Comet Krehnbrink | M | 7 | 53.5 | Anna Rotenberry | F | 10 | 4:32 |
| Martin Leivers | M | 37 | 8:07 | Coen Figge | M | 4 | 62.0 | Alexandra Garcia-Granados | F | 49 | 4:34 |
| John Sasser | M | 56 | 8:10 | Mile Racewalk | | | | Aimee Bazin | F | 29 | 4:35 |
| Ken Larsen | M | 64 | 8:21 | Barbara Hindenach | F | 61 | 9:45 | Ben Barker | M | 42 | 4:45 |
| Katie Biasi | F | 38 | 8:24 | Roxanne Springer | F | 48 | 10:06 | Sydney Barker | F | 12 | 4:51 |
| Dana Hanson | F | 42 | 8:27 | Sydney Barker | F | 12 | 11:28 | Comet Krehnbrink | M | 7 | 4:55 |
| Amy Carpenter | F | 13 | 8:28 | Alexandra Garcia-Granados | F | 49 | 11:32 | Pele Krehnbrink | F | 9 | 4:55 |
| Erin McIntee | F | 32 | 8:29 | Carolyn Huettel | F | 48 | 11:35 | Jacob Kashefsky | M | 7 | 5:21 |
| Kim Manturuk | F | 40 | 9:03 | Ronnie Weed | M | 37 | 11:40 | 5000m Run | | | |
| Katie Carpenter | F | 12 | 9:16 | Anna Banka | F | 33 | 11:50 | Ronnie Weed | M | 37 | 18:33 |
| Alexandra Garcia-Granados | F | 49 | 9:37 | Chris Gould | M | 68 | 11:50 | Lewis Hendricks | M | 39 | 19:26 |
| Aimee Bazin | F | 29 | 9:41 | Eddie McCauley | M | 11 | 12:41 | Laura Berry | F | 26 | 19:29 |
| Beth Manturuk | F | 12 | 10:52 | Kevin Larsen | M | 28 | 12:41 | Tyle Stelzig | M | 24 | 19:40 |
| Caroline Baldwin | F | 12 | 11:05 | Madi Baudauf | F | 12 | 12:42 | Danielle Baker | F | 35 | 20:06 |
| 200m Dash | | | | Deanna Anderson | F | 12 | 12:42 | George Linney III | M | 37 | 20:06 |
| Kwame Alston | M | 22 | 25.6 | Dana Hanson | F | 42 | 13:19 | Bob Callanan | M | 47 | 20:08 |
| Mike Carpenter | M | 44 | 25.9 | Katie Carpenter | F | 12 | 13:40 | Steven Chelton | M | 28 | 20:20 |
| Conrad Kirby | M | 25 | 26.4 | Ken Larsen | M | 64 | 13:40 | Henry Ewing | M | 23 | 20:57 |
| Jason Figge | M | 39 | 26.6 | Evan Milledge | M | 7 | 14:38 | Lia Weiner | F | 23 | 21:09 |
| Jay Nelson | M | 29 | 27.0 | Mike Carpenter | M | 44 | 15:00 | Jim Clabuesch | M | 47 | 21:21 |
| Vince Fuschino | M | 28 | 28.0 | Amy Carpenter | F | 13 | 15:00 | Martin Leivers | M | 37 | 21:29 |
| DJ Perkins | M | 26 | 28.9 | Bob Immormino | M | 31 | 15:21 | Abby Offenbaker | F | 36 | 21:41 |
| Eric Brown | M | 36 | 29.1 | Abby Offenbaker | F | 36 | 15:21 | Anna Banka | F | 33 | 22:30 |
| Tim Huntley | M | 45 | 29.6 | Tom Milledge | M | 52 | 15:36 | Bob Immormino | M | 31 | 23:26 |
| Tyle Stelzig | M | 24 | 29.9 | 800m Run | | | | Tom Kirby | M | 59 | 23:29 |
| Katherine Guilfoyle | F | 26 | 30.6 | Tyle Stelzig | M | 24 | 2:14 | Roxanne Springer | F | 48 | 24:21 |
| Jane Barnes | F | 60 | 30.8 | Mike Carpenter | M | 44 | 2:25 | Mary Szymkowski | F | 49 | 25:39 |
| Hernan Silva | M | 48 | 31.1 | Bob Immormino | M | 31 | 2:25 | Ed Davis | M | 67 | 26:02 |
| Bob Immormino | M | 31 | 31.4 | Steven Chelton | M | 28 | 2:31 | Carolyn Huettel | F | 48 | 26:12 |
| Tristan Manturuk | M | 14 | 31.6 | George Linney III | M | 37 | 2:32 | Bob Wallace | M | 55 | 26:20 |
| George Linney III | M | 37 | 31.8 | Katherine Guilfoyle | F | 26 | 2:34 | Barbara Hindenach | F | 61 | 27:17 |
| Kevin Larsen | M | 28 | 31.8 | Doug Hensel | M | 39 | 2:34 | Rob McCauley | M | 40 | 29:18 |
| Doug Hensel | M | 39 | 31.9 | Kevin Kaufman | M | 23 | 2:34 | Kevin Larsen | M | 28 | 30:32 |
| Amy Carpenter | F | 13 | 32.7 | DJ Perkins | M | 26 | 2:36 | Eddie McCauley | M | 11 | 31:39 |
| Wayne Middlesteadt | M | 49 | 33.0 | Wayne Middlesteadt | M | 49 | 2:37 | | | | |
| Lia Weiner | F | 23 | 33.3 | Abby Offenbaker | F | 36 | 2:37 | 8 August | | | |
| Ben Barker | M | 42 | 33.3 | Eric Brown | M | 36 | 2:37 | 1500m Run | | | |
| Katie Carpenter | F | 12 | 33.7 | Danielle Baker | F | 35 | 2:40 | Tyle Stelzig | M | 24 | 4:29 |
| Isaac Geer | M | 7 | 34.5 | Tessa Marvin | F | | 2:50 | Matthew Hirschey | M | 32 | 4:35 |
| Susy Slingland | F | 41 | 34.5 | Hernan Silva | M | 48 | 2:56 | Joshua Faison | M | 12 | 4:38 |
| Jamie Lewis | M | 46 | 34.6 | Bob Wallace | M | 55 | 3:00 | Bob Immormino | M | 31 | 5:05 |
| Roxanne Springer | F | 48 | 35.8 | Mary Szymkowski | F | 49 | 3:07 | Daniel Hensch | M | 17 | 5:07 |
| Mike Biasi | M | 40 | 36.2 | Ronnie Weed | M | 37 | 3:07 | | | | |
| | | | | Susy Slingland | F | 41 | 3:08 | | | | |

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|---------------------------|---|----|------|---------------------------|---|----|-------|---------------------------|---|----|-------|
| Bart Bechard | M | 47 | 5:10 | Ed Fink | M | 36 | 14.8 | Katherine Guilfoyle | F | 26 | 69.9 |
| Jack Unruh | M | 49 | 5:10 | Tyle Stelzig | M | 24 | 15.0 | Abby Offenbaker | F | 36 | 71.0 |
| Jim Clabuesch | M | 47 | 5:11 | Jamie Lewis | M | 46 | 15.1 | Bart Bechard | M | 47 | 72.0 |
| Katherine Guilfoyle | F | 26 | 5:15 | Bob Immormino | M | 31 | 15.3 | Jeffrey Baker | M | 40 | 73.0 |
| Kevin Rumsey | M | 50 | 5:17 | Conrad Kirby | M | 25 | 15.4 | Ed Fink | M | 36 | 73.0 |
| Conrad Kirby | M | 25 | 5:20 | Wayne Faison | M | 10 | 15.4 | Katie Carpenter | F | 12 | 75.0 |
| Eric Brown | M | 36 | 5:28 | Katherine Guilfoyle | F | 26 | 15.6 | Tahiva Sneed | F | 30 | 75.0 |
| DJ Perkins | M | 27 | 5:30 | Jesper Rasmussen | M | 38 | 16.1 | Lia Weiner | F | 23 | 76.9 |
| Jianxing Liang | M | 25 | 5:35 | Rob McCauley | M | 40 | 16.3 | Roxanne Springer | F | 48 | 78.0 |
| Abby Offenbaker | F | 36 | 5:35 | Jay Baker | M | 9 | 16.5 | Jim Clabuesch | M | 47 | 81.7 |
| Lia Weiner | F | 23 | 5:40 | Roxanne Springer | F | 48 | 17.2 | Danielle Baker | F | 35 | 82.0 |
| Wayne Faison | M | 10 | 5:40 | Sara Sousa | F | 41 | 17.4 | Jamie Lewis | M | 46 | 82.0 |
| Hernan Silva | M | 48 | 5:45 | Eddie McCauley | M | 11 | 17.5 | Conrad Kirby | M | 25 | 82.2 |
| Mark Turner | M | 44 | 5:46 | Evan Milledge | M | 7 | 18.1 | Eddie McCauley | M | 11 | 83.0 |
| Jeffrey Baker | M | 40 | 5:48 | Dan Woodlief | M | 49 | 18.1 | Rachel Hirschey | F | 31 | 83.0 |
| Ed Fink | M | 36 | 5:49 | Rachel Hirschey | F | 31 | 18.2 | Jesper Rasmussen | M | 38 | 86.0 |
| Danielle Baker | F | 35 | 5:58 | Emma Kashefsky | F | 9 | 18.4 | Mary Szymkowski | F | 49 | 86.0 |
| Ethan Mathis | M | 9 | 6:00 | David Yeowell | M | 75 | 18.5 | Rob McCauley | M | 40 | 88.0 |
| Rietta Couper | F | 53 | 6:02 | Destiny Faison | F | 7 | 18.5 | Dan Woodlief | M | 49 | 89.0 |
| Andy Capps | M | 50 | 6:03 | Louise Guardino | F | 71 | 18.6 | Ray Dooley | M | 59 | 90.0 |
| Roxanne Springer | F | 48 | 6:17 | Ken Larsen | M | 64 | 18.9 | Chris Gould | M | 68 | 90.0 |
| Tom Kirby | M | 59 | 6:18 | Ray Dooley | M | 59 | 19.0 | Ken Larsen | M | 64 | 90.6 |
| Jim Hotelling | M | 65 | 6:26 | Aimee Bazin | F | 29 | 19.3 | Vance Holloman | M | 54 | 92.0 |
| Mark Rotenberry | M | 53 | 6:27 | Jim Hotelling | M | 65 | 19.5 | Halle Amick | F | 34 | 93.0 |
| Rachel Hirschey | F | 31 | 6:28 | Anna Rotenberry | F | 10 | 19.5 | Mark Rotenberry | M | 53 | 95.0 |
| Mary Szymkowski | F | 49 | 6:32 | Neil Huntley | M | 9 | 19.7 | Sara Sousa | F | 41 | 95.0 |
| Ray Dooley | M | 59 | 6:33 | Jacob McCauley | M | 10 | 19.8 | Jay Baker | M | 9 | 100.0 |
| Jamie Lewis | M | 46 | 6:33 | Mary Szymkowski | F | 49 | 20.0 | Ed Davis | M | 67 | 101.0 |
| Ed Davis | M | 67 | 6:36 | Evan Huntley | M | 9 | 21.1 | Louise Guardino | F | 71 | 101.0 |
| Wesley Crouse | M | 23 | 6:37 | Greg Sousa | M | 43 | 21.9 | Evan Milledge | M | 7 | 101.0 |
| Chris Gould | M | 68 | 6:41 | Alexandra Garcia-Granados | F | 49 | 22.4 | Greg Sousa | M | 43 | 103.0 |
| Kwame Alston | M | 22 | 6:55 | Barbara Hindenach | F | 61 | 22.5 | Anna Rotenberry | F | 10 | 109.0 |
| Mike Carpenter | M | 44 | 7:00 | Jake Smith | M | 6 | 24.8 | Aimee Bazin | F | 29 | 111.0 |
| Halle Amick | F | 34 | 7:03 | Jacob Kashefsky | M | 7 | 25.1 | Barbara Hindenach | F | 61 | 114.6 |
| Lindsey Puryear | M | 51 | 7:03 | Sioff Madoon | F | 24 | 29.9 | David Yeowell | M | 75 | 122.0 |
| Eddie McCauley | M | 11 | 7:05 | Daniel Smith | M | 4 | 35.1 | Emma Kashefsky | F | 9 | 123.0 |
| Rob McCauley | M | 40 | 7:07 | 1500m Racewalk | | | | Heather Yeowell | F | 72 | 125.0 |
| Linda Chamiec-Case | F | 22 | 7:08 | Ray Dooley | M | 59 | 8:29 | 3000m Run | | | |
| Mike Madden | F | 57 | 7:11 | Barbara Hindenach | F | 61 | 9:02 | Tyle Stelzig | M | 24 | 10:02 |
| Dan Woodlief | M | 49 | 7:13 | Roxanne Springer | F | 48 | 9:36 | Jim Clabuesch | M | 47 | 10:56 |
| Barbara Hindenach | F | 61 | 7:14 | Karla Henderson | F | 62 | 9:59 | Brian Tajilli | M | 30 | 11:05 |
| Abie Harris | M | 78 | 7:16 | Hernan Silva | M | 48 | 10:21 | Ronnie Weed | M | 37 | 11:22 |
| Bob Wallace | M | 55 | 7:16 | Carolyn Huettel | F | 48 | 10:24 | Kevin Rumsey | M | 50 | 11:41 |
| Ronnie Weed | M | 37 | 7:24 | Joshua Faison | M | 12 | 11:00 | Daniel Hensch | M | 17 | 11:58 |
| Ken Larsen | M | 64 | 7:28 | Emma Kashefsky | F | 9 | 11:02 | Danielle Baker | F | 35 | 12:08 |
| Evan Milledge | M | 7 | 7:36 | Jay Baker | M | 9 | 11:02 | Conrad Kirby | M | 25 | 12:35 |
| Katie Carpenter | F | 12 | 7:41 | Wayne Faison | M | 10 | 11:03 | Lia Weiner | F | 23 | 12:37 |
| Jay Baker | M | 9 | 7:56 | Alexandra Garcia-Granados | F | 49 | 11:06 | Jeffrey Baker | M | 40 | 12:39 |
| Jacob McCauley | M | 10 | 7:57 | Eddie McCauley | M | 11 | 11:50 | Abby Offenbaker | F | 36 | 12:45 |
| Sara Sousa | F | 41 | 8:12 | Tomeico Faison | F | 36 | 12:34 | Andy Capps | M | 50 | 13:14 |
| Greg Sousa | M | 43 | 8:14 | Abby Offenbaker | F | 36 | 13:32 | Katherine Guilfoyle | F | 26 | 13:16 |
| Lauren Brown | F | 23 | 8:37 | Greg Sousa | M | 43 | 13:32 | Roger Halchin | M | 59 | 13:16 |
| Aimee Bazin | F | 29 | 8:49 | Sara Sousa | F | 41 | 13:32 | Bob Wallace | M | 55 | 13:25 |
| Heather Yeowell | F | 72 | 9:00 | Wesley Crouse | M | 23 | 13:40 | Tom Kirby | M | 59 | 13:28 |
| Karla Henderson | F | 62 | 9:05 | Lauren Brown | F | 23 | 13:41 | Eric Brown | M | 36 | 13:39 |
| David Yeowell | M | 75 | 9:39 | Katie Carpenter | F | 12 | 13:50 | Mary Szymkowski | F | 49 | 13:39 |
| Alexandra Garcia-Granados | F | 49 | 9:40 | Mike Carpenter | M | 44 | 13:50 | Lindsey Puryear | M | 51 | 13:42 |
| 100m Dash | | | | Evan Milledge | M | 7 | 14:10 | Chris Gould | M | 68 | 13:53 |
| Kwame Alston | M | 22 | 11.3 | Tom Milledge | M | 52 | 14:11 | Ray Dooley | M | 59 | 14:01 |
| Wesley Crouse | M | 23 | 12.1 | 400m Dash | | | | Roxanne Springer | F | 48 | 14:07 |
| Joshua Faison | M | 12 | 12.2 | Mike Carpenter | M | 44 | 56.6 | Ed Davis | M | 67 | 14:28 |
| Mike Carpenter | M | 44 | 12.4 | Matthew Hirschey | M | 32 | 58.0 | Carolyn Huettel | F | 48 | 15:07 |
| Matthew Hirschey | M | 32 | 12.8 | Eddie Stone | M | 55 | 58.9 | Halle Amick | F | 34 | 15:27 |
| Brian Gilligan | M | 14 | 13.1 | Jianxing Liang | M | 25 | 59.5 | Barbara Hindenach | F | 61 | 15:29 |
| Jianxing Liang | M | 25 | 13.2 | Brian Tajilli | M | 30 | 62.4 | Rob McCauley | M | 40 | 15:58 |
| DJ Perkins | M | 27 | 13.5 | DJ Perkins | M | 27 | 63.9 | Alexandra Garcia-Granados | F | 49 | 16:27 |
| Eric Brown | M | 36 | 13.7 | Lewis Hendricks | M | 39 | 64.8 | Heather Yeowell | F | 72 | 18:22 |
| Tim Huntley | M | 45 | 13.8 | Ronnie Weed | M | 37 | 65.7 | Karla Henderson | F | 62 | 18:43 |
| Roger Halchin | M | 59 | 14.1 | Eric Brown | M | 36 | 66.0 | Aimee Bazin | F | 29 | 19:19 |
| Katie Carpenter | F | 12 | 14.4 | Bob Immormino | M | 31 | 66.5 | David Yeowell | M | 75 | 20:39 |
| Brian Tajilli | M | 30 | 14.4 | Brian Gilligan | M | 14 | 68.0 | Evan Milledge | M | 7 | 21:29 |
| Hernan Silva | M | 48 | 14.5 | Joshua Faison | M | 12 | 68.0 | Eddie McCauley | M | 11 | 21:40 |
| Tahiva Sneed | F | 30 | 14.7 | Wayne Faison | M | 10 | 68.0 | | | | |
| | | | | Roger Halchin | M | 59 | 68.7 | | | | |

3RD ANNUAL GODIVA PICNIC

The temperatures will subside and the dew point will drop. That means only one thing. Time for the annual picnic!

Here are the particulars:

- Date:** Sunday, September 23
- Time:** 3:00 p.m.
- Location:** Duke Forest, Picnic Shelter at Gate F (same as the previous years)
- Directions:** Follow NC751 north towards U.S. 70, pass Kerley Road. Gate F will be on the left immediately after Gate 12 (under the power lines). If you cross the railroad bridge you went too far!
- Activities:** Volleyball, corn hole, horseshoes, and bocce for sure—and whatever else you bring along. Maybe we will have some organized fun events! (Hint, hint.)
- Cost:** \$0 (can't beat that) but we ask you to bring along an item to share. So as not to get too much of one thing if your last name begins with A–I please bring an appetizer or a salad type item, J–R bring a casserole or side dish and S–Z should bring fruit or desserts. We'll have a charcoal fire going if you want to bring along items to grill for yourself. The club will also provide water, Gatorade and soda, plates, cups and napkins.
- Registration:** You can sign up using the RSVP link in the picnic announcement at www.carolinagodiva.org, or just email Kevin Nickodem at kjnrun@aol.com and let him know how many are coming so we can have enough of the other things on hand. Yes, kids are welcome and encouraged.



CALLING ALL MEDICAL VOLUNTEERS!

In order to hold running events in Duke Forest (like several of our Winter Series races), organizers are required to have a designated individual on-site to provide medical aid.



CGTC has always relied on its wonderful volunteers to provide this service over the years, and, in the interest of helping our Race Directors connect with medical personnel and offering the opportunity to as many members as possible, we're creating a database of individuals who are interested in volunteering in this capacity.

Medical volunteers are covered by the Club's liability insurance, and volunteering at a Winter Series event yields a point towards the Incredibly Beautiful Shirt.

So, if you are a physician, nurse, EMT, physical therapist, physician assistant, or other individual currently licensed to provide basic medical aid, and you're interested in being a medical volunteer at a future CGTC event, please email me at douglashenseljr@gmail.com. You'll only be contacted when medical volunteers are needed, and you'll always be free to decline.

— Douglas Hensel

COACH BUBBA: SPREAD THE WORD!

Volunteer Opportunity: Publicity Manager for Godiva's Coach Bubba 20k Redux

Fellow Godivans, efforts are underway to restore Godiva's Coach Bubba 20k/4 Mile races in Durham. The proposed race date is February 16th, 2013, though the date has not been finalized.

Many key positions on the race committee have been staffed but there is a need for a publicity manager to market the races. Godiva is looking for someone who is able to widely publicize the event on a limited budget and who knows how to use social media for marketing the event. Experience in marketing is helpful but is not necessary.

Please contact Patrick Bruer at pjbruer@gmail.com or Cathy Wides cadw09@gmail.com to volunteer.

Check the club website and the newsletter for other volunteer opportunities as plans develop.

2011 RECORD SETTING GODIVA TEAM

A masters team will once again represent the club in the 2012 Blue Ridge Relay on September 7-8. This year's edition will be hard-pressed to live up to 2011's stirring finish. Here is the full race report from last year.

The sun had barely broken the new day, but the half-dozen men loading gear into two vans in Cary's Harrison Square parking lot were already busy. It was one of those September partly-cloudy days where the heat of summer had given way to a cooler dawn, adding energy to the pace of their work. Soon, the vans pulled out of the parking lot, heading west to pick up six others. The rush hour traffic was already heavy on I-40 near the Research Triangle Park, and on this Friday morning, the two nondescript white vans simply blended into traffic, looking much like the dozens of other service vehicles on the highway. Two hundred miles away in Grayson Highlands, Virginia, runners were toeing the starting line of the 2011 Blue Ridge Relay.

It's weird that you can be in the same race yet start six hours later, but that's exactly what happens in an overnight, long-distance relay. The Blue Ridge Relay is no different. One of the longest relay races in the U.S., the 208-mile BRR course consists of 36 legs; each of the 12 team members runs three in rotation. The legs vary in distance from 2 to 10 miles, and cover terrain that, more importantly, varies from virtually flat to "For Sherpas Only" mountain grades. To keep the race support together during the nighttime legs, teams start on Friday between 6:00 a.m. and 1:30 p.m. in staggered waves that are seeded based on estimated average 10K times for the team. Slower-seeded teams get what seems to be a six- or seven-hour head start, but during the night, the majority of the teams are bunched together, making it easier for race management to provide support. The faster teams typically ending up crossing the finish line in the order that reflects the final results.

And to that race the 2011 Carolina Godiva Mens Masters team set off. First-time team captain Tim Meigs had assembled a mix of relay veterans and newbies to defend the men's masters team title that CGTC had won the previous three years—with new masters course records each year. Despite returning only five runners from the 2010 team, the goal remained the same: bring back the masters title.

After a long drive, the Godiva team vans pulled into the parking lot next to the BRR starting line at Grayson Highlands about an hour before their appointed start time. The lot was packed with team vans and runners warming up in almost ideal conditions. The Godiva team poured out of the two vans, which were quickly adorned with large "Carolina Godiva Track Club" magnets to remove any notion of a generic, white service van. The magnets dressed up the vans in a way that matched the team's demeanor: professional, understated, experienced, and all about business—a stark contrast to other team vans whose names and slogans were emblazoned with athletic tape and hobby shop paint. The team checked in, and runners on the early legs began warming up. Ulf

Andre, knowing he had six hours until his first run on Leg 10, dug into what turned out to be a bottomless bowl of pasta salad—and Ulf's primary sustenance for the next day.

At high noon, Guy Potter stepped up to the starting line as the Godiva Masters' leadoff runner. Guy narrowly avoided a false start, and quickly put the hammer down on the first runner from the Maggots Masters team from Asheville. He covered the 4 miles downhill to the first exchange in 21:13, giving the Godiva Masters a lead in the masters competition that it wouldn't relinquish all race. Guy handed off to team captain and second leg Tim Meigs.

During the race, Tim ran three of the finest legs ever run by a Godiva Masters competitor. His first leg, a 7.5 mile run over rolling dirt roads, brought the team back across the NC state line. Craig Heinly took the next leg, a 6.9 mile hard run to the outskirts of West Jefferson, NC. Bart Bechard followed with the first of his "urban" runs, zigging and zagging his way in a complex route through the town before handing off to Colin Jones.

Like most teams, the Godiva Masters uses a two-van race plan. The runners for the first six legs ride in Van 1, and the other six ride in Van 2. With four of the six BRR rookies (Guy, Dave, Craig, and Bart) in Van 1, Tim Meigs spent time explaining the process and logistics as the race unfolded. (Allen Baddour was the only rookie in Van 2.) Each van is outfitted with two-way communication radios, maps, charts, and other low-tech gadgets that aren't rendered useless when signals are lost in the mountains. This equipment helps with the logistical part of the race, an important part of keeping the team competitive each year. As Colin finished his very-fast 5.2 mile leg in front of the Bald Mountain Baptist Church, Tim Pierce was set to start the rotation for Van 2. The news of this transition, like most of the others, was communicated over the radios.

Tim's leg had the first ascent of greater than 8%, and he flew up the hill enroute to a blistering leg, averaging 6:20s for the 5.4 miles. Derek Fenton held the Leg 8 spot, and his teammates sent him off with shouts of his newly-adopted nickname, "Ocho! Ocho!" After a fast 4.6 mile leg, he handed the bracelet-baton over to Marty Tomasi, who was running his first BRR since 2007. Marty kept up the fast pace for the team as his leg was one of six Godiva Masters team records on the first rotation. Tim Meigs, Dave Schwerbrock, Colin Jones, Tim Pierce, and Derek Fenton also set team records on their first legs.

Marty's run through Todd, NC, set the stage for Ulf Andre and Leg 10. Ulf had another challenging route, including a sprint across US-421/US-221. Ulf's 6:22 pace for the 8.2-mile leg caught Godiva up to dozens of other teams who had started earlier in the day. BRR rookie Allen Baddour took the baton for Leg 11, a 10K along the Blue Ridge Parkway. Allen, a last-minute addition to the team to fill in for an injured veteran, earned the admiration of the 2011 team with his excellent run. He handed off to Jack Morgan, who had been impatiently waiting to start his

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first leg since the race began.

The largest and most crowded exchange zone takes place at Tanger Outlets in Blowing Rock. The sun was starting to set behind the huge parking lot full of vans and runners when Godiva Masters pulled in to await the finish of Jack Morgan's 12th leg, which is run almost entirely on the Blue Ridge Parkway. Vans are not allowed on the Parkway, so teams are doubled up in the transition area. Tim Pierce and Derek Fenton took advantage of the break to order sandwiches from a restaurant. For Derek, this was a feast compared to the cold Campbell's chicken noodle soup he used to fuel up for most of the race. Jack finished his difficult 7.9 mile leg, and the end of the first rotation saw the 2011 team nearly 20 minutes ahead of the record pace established by the 2010 Godiva Masters team.

The night means more runners to pass. Or, more specifically, "scalps." That's what the Godiva Masters team has taken to calling a team that it passes during the relay. The first BRR in 2005 had 10 participating teams, and the road that year was often very lonely. The 2011 edition of the race featured 120 teams, which meant that the race was more social, more crowded, and more fun. As the sun set on Friday, Guy Potter took the handoff from Jack to start the second trip through the rotation, and he was chasing several potential scalps as he made the climb out of Blowing Rock.

What came next was perhaps the single most epic run in the history of the Carolina Godiva Masters Men in the BRR: Tim Meigs absolutely flew the next 10 miles, all uphill, with a finish atop Grandfather Mountain. His 62:13 not only was another Godiva Masters team record, but also created a buzz among the other teams in the exchange zone. "These old guys can move!" said a young runner from Florida, somehow stretching a compliment into, well, something else.

Dave Schwerbrock followed Tim with a short but very fast run down Grandfather Mountain. Tim and Marty from Van 2 had positioned themselves on either side of the busy US-220/NC-105 intersection to make sure Dave crossed safely, but he raced past without recognizing his teammates. When the guys at the exchange zone radioed to Marty that Dave was already in, Tim was sure there had been some mistake. Without the radio, the team would have lost valuable time waiting for its supporting runners. Once again, the planning and teamwork of the Godiva team played its hand.

Dave handed off once again to Craig, who ran a hard 3.4 mile leg over the "Eastern Continental Divide." The exchange saw Bart Bechard embark on yet another "urban" run, this time through the rather sleepy town of Newland. Bart passed to Colin Jones, whose leg took the team through the metropolis of Lick Log, NC. Halfway through the race, the team was still well ahead of the 2010 masters record—and still counting scalps.

Running at night can be dangerous, especially if you are unfamiliar with the route you take. In a relay, the nighttime dangers are magnified, and potential wrong turns not only cost time, but also can put a wayward runner in a bad situation. For Godiva Masters,

that's where Clabuesching comes in. The term "clabuesch," as in "to clabuesch," means "providing navigational and esprit de corps support to fellow Blue Ridge Relay teammates while shadowing runners from the opposite team van as your van and the runner progress from exchange zone to exchange zone." Long-time masters team captain Jim Clabuesch ran in the first BRR in 2005, and immediately saw the need to help runners navigate in the dark. Other teams often send the non-running van ahead several exchange zones so that those runners can sleep or eat. The Godiva Masters team makes sure that active runners aren't left on their own for too long, stopping to cheer and direct at crucial intersections, and even preventing harm from the occasional pit bull that would otherwise be protecting a rural meth lab.

The Godiva Masters team was on a roll. No one wanted to be the one who slowed it down. Tim Pierce ran the 19th leg, and covered the 4.3 miles at 5:57 pace. Derek Fenton ran the 7.5 mile Leg 20 in 47:55. Marty Tomasi ran through Spruce Pine, NC, in the dead of night, averaging 5:30 pace for the 2.4 miles of Leg 21. The scalp total kept rising as Ulf Andre powered through another 5.6 mile leg in 34:45. Allen Baddour followed Ulf with a swift 5.6 mile challenging Leg 23, and handed off to Jack Morgan, who blazed through the 3.2-mile Leg 24 in 17:11. After two full rotations, the team headed into the final set of legs a full 25 minutes ahead of the 2010 record pace.

One of the most entertaining aspects of the race is the creative names that some teams adopt, which can lead to creative van decoration as well. Sure, you see teams that give deference to the obvious such as the number of runners (the Running Dozen, 12 Pack, etc.). Some team names just capture the spirit of the race, like those named "Shut Up and Get in the Van" and "Run. Recover. Rest. Repeat." For those on the 2011 Carolina Godiva Mens Masters team, the team that received much attention and appreciation was the women's open team "Crazy Hot Legs" from Charlotte. The Legs had decorated their vans with holiday lights and even had the leg lamp prop from *A Christmas Story* (a major award, no doubt). The BRR Web site notes all of the great scenery that runners can enjoy, but it fails to mention *those* views. Crazy Hot Legs would finish in an open women's course record time.

As the Godiva Masters team started the last third of the race, it was clear that they were generating a buzz among the other teams that they were passing in the exchange zones. Other teams commented not only on the fast times, but also on the machine-like precision with which the Godiva vans went in and out of crowded exchange zones. About that same time, news reached the front of the pack that a thrilling race for the overall lead of the relay was taking place as the Asheville Running Collective and Charlotte Running Club battled in a back-and-forth effort. The full moon on a perfectly clear night added to the fantastic mood among the runners on all teams.

The excitement among the Godiva Masters team was also very noticeable. Guy Potter finished the 25th leg with another strong run. Tim Meigs followed his epic dash up Grandfather Mountain with another masters team record, this time on the 4.5-mile Leg 26. He handed off to Dave Schwerbrock, whose Leg 27 would

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turn into the most intense run of the relay. The new 2011 course maps indicated that runners should make turn onto a Whitson Branch Road, which would occur right before passing under a railroad bridge. As Van 2 “clubushed” for Dave, Jack and Marty realized something was incorrect. Racing on ahead of Dave and Van 1, they determined an error on the map, then turned the van around and set land-speed records to get back to what turned out to be the correct turn—onto Relief Road—just as Dave was running past it. A disastrous and certainly time-losing mistake was barely averted, thanks to the logistical teamwork and good van-to-van communication.

Dave turned the potential crisis into another team record run, covering the 9.0 miles in 59:02. Craig Heinly’s final leg resulted in another team record (a 46:59 for 7.4 miles) and took the last scalps off the road as he passed the remaining teams that had started before us. That gave the Godiva Masters team the overall race lead for good. At the Mountain Heritage High School exchange, Craig handed off to Bart Bechard, whose third run was another leg through a town, this time Burnsville, NC, where Bart continued the team tradition of crossing directly through the town square. He also kept up the fast tempo as the team stayed well ahead of record pace.

Colin Jones set yet another team record on Leg 30, racing through the night air along the Cane River in 27:16 for 4.4 miles. As Tim Pierce waited for Colin to arrive in the exchange zone, the team got its first glimpse of the teams from Asheville and Charlotte who were battling for the win. The vans from those team rolled into the exchange just as Colin handed off to Tim, who had been very anxious about Leg 31, the infamous “Mountain Goat” run up to Hawk’s Nest.

In most races, being in the lead is a thrill that comes with nice perks, like fresh attention from fans, the first water cups at aid stations, etc. None of that matters in the Blue Ridge Relay, especially at night. The main significance of reaching the lead in the BRR is getting “first use” of the port-o-johns. As the runners from Van 2 waited for Tim Pierce atop Hawk’s Nest, Derek Fenton walked into a port-o-john and exclaimed, “Sweet! A fresh one!” It may have been the chill of the early morning air or it may have been the tedium of waiting all night for runners to show up, but the BRR support team laughed at Derek’s comment. The joking continued until the lead vans for the Asheville and Charlotte teams pulled in, a reminder that serious racing was underway.

Tim Pierce also appeared fresh as he steadily climbed up the switchbacks. His short, piston-like stride carried him to the top in yet another team record: 48:38 for the 6.5 miles. Derek took the handoff and sped off on Leg 32, a 9.4 mile run entirely downhill. Marty Tomasi waited anxiously at the start of Leg 33, which like Tim Pierce’s leg, was rated “Mountain Goat Hard.” It wasn’t a long leg, but it had stretches of 13% grades. Derek sprinted into the exchange zone, having kept the hard-charging race leaders behind him.

About 2.5 miles into Leg 33, the Asheville Running Collective van pulled alongside Marty. “Way to pick ’em up and put ’em

down, old man!” the driver shouted out of the window. Compliment or insult? Marty couldn’t decide, as his stride shortened markedly on the steep ascent. “That was the closest I’ve ever come to crying while racing,” Marty later stated. He resumed the fast race pace on the descent as he handed off to Ulf Andre at the Reems Creek Beech Presbyterian Church.

Ulf was not about to let anyone catch him. He raced along Ox Creek Road outside Weaverville, averaging 5:56 pace for the 4.4 mile leg. The two race leaders were closing fast, but Godiva Masters was still the first team on the road. Allen Baddour set off, intending to keep it that way. The route suggested otherwise: a steep climb up Ox Creek Road to the Blue Ridge Parkway. Now the three leading teams in the race waited together for their runners to hand off. The anchors from each team paced nervously as the tension mounted. All eyes stared at the bend in the Parkway where the runners would first appear.

A loud cheer went up from the Godiva vans as Allen rounded the curve in first. He approached the exchange zone, and Jack Morgan was ready for the glory leg: A 6.7 mile run down Town Mountain Road and into downtown Asheville. Jack set off, with the race leaders just seconds behind. While Allen left Jack as bait for the two runners racing for the win, he did set yet another masters team record for Leg 35.

It took nearly 21 and a half hours for Asheville Running Collective and Charlotte Running Club to pass the Godiva Masters team, who at this point knew they had a front row seat in watching the fastest and most exciting Blue Ridge Relay ever. As the three teams raced down the mountain into Asheville, it was clear that the race would provide the welcoming fans with a great podium finish. The two leaders set a blistering 5-minute pace, but Jack gamely gave chase towards the finish line off College Street in downtown. The Asheville Running Collective crossed the line first in a race-record 20:24:00, followed two minutes later by second-place Charlotte Running Club (20:26:10). The Carolina Godiva Masters Men’s team finished third, another two minutes back in real time. Jack averaged 5:47 per mile on his last leg, bringing home the masters team title in yet another team record for the leg. His effort not only helped to break the 2010 team’s record by over 27 minutes, but also got the team under the 22 hour barrier in 21:58:33—a time that, for many years, would have won the overall race. The Godiva Masters were jubilant.

In the end, the record will be broken, and the title will be just another footnote in the race results section of a so-so Web site. But for the 2011 Carolina Godiva Masters Mens team, the prize was every bit about one of those Really Good Times in life that comes when 12 guys are thrown in a van to spend a day running up and down mountains for a t-shirt and minimal swag.

As the team readied to depart for home, loading gear into the vans one last time, Tim Meigs asked aloud, “Do it again next year, guys?”

No one said no.

— Marty Tomasi

THE 29TH ANNUAL GODIVA WINTER SERIES

Run for the Donuts **Durham Academy, Upper School, 3601 Ridge Rd.** **Sun, Oct. 14th**

X-Country team relay based on the patented Donuts Index™
Race Director: Ronnie Weed, 919 225-1407 diecorn@gmail.com

Misery Run **The Lucas Farm, Old Fayetteville Rd. Carrboro** **Sun, Nov. 11th**

5 mile X-Country run with challenges to overcome and plenty of mud and muck.
Race Director: Jim Clabuesch, 401-9589 jwcvh@mindspring.com

Couch Mountain **Duke Forest, South US 70 & NC 751** **Sun, Dec. 9th**

X-Country race up the famous Couch Mountain followed by a cookout!
Race Director: Paul Naylor, 493-3702 naylorpaul@msn.com

New Year's Day Run **Duke School for Children, 3716 Erwin Rd.** **Tue, Jan. 1st**

5 miles of X-Country to ring in the new year!
Race Director: Patrick Bruer, 929-8582 pjbruer@gmail.com

Eno Equalizer **Eno State Park, End of Cole Mill Rd.** **Sun, Jan. 20th**

4 miles of X-Country team handicap race. Snow date is Jan 27th
Race Director: Richard Smith, 408-8126 rls@email.unc.edu

Geezer Pleezer **Carolina Friends School, 4809 Friends School Rd.** **Sun, Feb. 10th**

Start time based on age and gender. Run starts and ends on school campus.
Race Director: Gary Schultz, 489-7803 gary.schultz@frontier.com

Hard Climb Hill **Duke Forest, Gate 23 at Mt. Sinai Rd.** **Sun, Mar. 10th**

3, 7, and 10 mile race options. Challenging final race. 10 mile race is worth 2 pts.
Race Director: Jerry Surh, 967-0272 surh@ncsu.edu

Earn points for the Winter Series T-shirt!

You must be a CGTC member and run or volunteer at 5 of the 7 events.

The Hard Climb Hill 10-miler will count as two events if you run it.

Lots of volunteer opportunities available, hint hint. . .Contact the race directors to find out more!

AUGUST BUSINESS MEETING MINUTES

The regular monthly business meeting was called to order at 7:03pm on August 14, 2012. Attendees included President Halle Amick, Charles Alden, Jim Clabuesch, Carolyn Huettel, Doug Hensel, Gary Schultz, Cathy Wides and your scribe, Henry Blinder.

Jim led off the meeting with the membership report. He heard from Patrick Bruer that this past month, the Club received more membership payments through PayPal than ever before. Otherwise, nothing new: “we have members.”

The Club is again looking for a new newsletter editor. Halle informed us that we have a good prospect. Stay tuned.

We then heard a proposal from Jim for the Club to support the men’s masters Blue Ridge Relay team by funding two van rentals in an amount not to exceed \$1000, same as the past few years. All 12 team members must be Godivans. A race report will be prepared for the newsletter. We reflected on the success of the team in recent years and the benefits to the Club from our participation, and unanimously voted in favor of the proposal.

Doug gave us an update on the upcoming Winter Series. Race directors are lined up for all of the events. All race dates are now set, including for the February Geezer Pleezer— now that the date of the Coach Bubba race has been resolved (see below). Jim and Kevin Nickodem are looking into obtaining a rider to the Club’s insurance coverage to meet RRCA’s new requirements affecting the Misery Run. Halle discussed the mechanics for getting the Winter Series races added to the RRCA race calendar, and Doug will take the lead on getting this done.

We all expressed our thanks to Charles for another successful Summer Track Series. We enjoyed his numismatic overview of interesting coinage received this year in the donation bucket. Apparently reflecting the light agenda, this led to our reminiscing about metallic items and other interesting objects found in the bucket over the years.

The final item was to pick up the ongoing discussion about reviving the Club’s 20K/4-mile races, formerly known as “Coach Bubba.” Cathy and Patrick Bruer have met, and expect to file for an

event permit with the City of Durham during this coming month.

They have received a good response to an e-mail contacting those who were active in putting together prior Coach Bubba races, and will be organizing a race committee soon. Following some discussion, we concurred with Cathy’s suggestion that the races be held on February 16, 2013. Based on that

date, Geezer Pleezer will be on February 10. Look for details elsewhere in the newsletter.

The meeting adjourned at 7:44pm.

— Henry Blinder

...this led to our
reminiscing about
interesting objects
found in the bucket
over the years.

CONGRATS! YOU WIN!

You have been selected to be the next newsletter editor!
This is a once in a lifetime opportunity!
To claim your prize simply email:
newsletter@carolinagodiva.org

Carolina Godiva Track Club Membership Application and Renewal

MEMBER INFO

| | | | |
|-----------------|--|-------------|--|
| Last name: | | First Name: | |
| Street Address: | | | |
| City: | State: | Zip: | |
| Phone(s): | | E-mail : | |
| Birth Date: | Gender: <input type="checkbox"/> Male <input type="checkbox"/> Female | | |

TYPE OF MEMBERSHIP

| | | |
|--|-----------------|----------------------------------|
| <input type="checkbox"/> Regular | \$20.00 | <input type="checkbox"/> New |
| <input type="checkbox"/> Student | \$15.00 | <input type="checkbox"/> Renewal |
| <input type="checkbox"/> Family | \$30.00 | |
| <input type="checkbox"/> Multi-Year (individual) | \$90 / 5 years | |
| <input type="checkbox"/> Multi-Year (family) | \$135 / 5 years | |

Waiver, Release, and Indemnity Agreement

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relating to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races or events, including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, The Carolina Godiva Track Club, all officers, directors, sponsors, volunteers, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities even though the liability may arise out of negligence or carelessness on the part of the persons named in this waiver. Further, I agree, for myself and anyone entitled to act on my behalf, to hold harmless and indemnify any of the persons or entities mentioned above from all liability, legal, actions, debts, claims, and demands of every nature which arise out of Carolina Godiva Track Club activities.

Signature of Primary Member (or Parent/Guardian)

Date

FAMILY MEMBERS - ALL COVERED INDIVIDUALS MUST SIGN BELOW

| Last Name (Print) | First Name | Gender | Birth Date | E-mail |
|-------------------|------------|--------|------------|--------|
| | | | | |
| Signature: | | | | Date |
| | | | | |
| Signature: | | | | Date: |
| | | | | |
| Signature: | | | | Date: |
| | | | | |
| Signature: | | | | Date: |

Mail application and dues (checks payable to CGTC) to:

Carolina Godiva Track Club
P.O. Box 62472
Durham, NC 27715-0472

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